



# NHS HEALTH CHECK

**LIVE IN WOKINGHAM? AGED 40-74?  
FIND OUT ABOUT RECEIVING A  
FREE NHS HEALTH CHECK AT ONE OF  
YOUR LOCAL LEISURE CENTRES.**

**[WWW.PLACESLEISURE.ORG/WOKINGHAM](http://WWW.PLACESLEISURE.ORG/WOKINGHAM)**

The NHS Health Check is a health check-up for adults in England aged 40-74. It is designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes and dementia. It can also help you reduce these risks and make sure that you stay healthy.

### Eligibility criteria

- Aged between 40 and 74
- Not diagnosed with Diabetes
- Not taking statins
- Not diagnosed with a heart condition
- Not diagnosed with kidney disease
- Not had an NHS Health Check in the last 5 years
- Not being treated for high blood pressure

You can receive your **NHS Health Check for FREE** at one of our sites below, where we offer convenient appointment times, including evenings and weekends!

For more information, or to book your appointment, please contact;

**ARBORFIELD GREEN LEISURE CENTRE 0118 976 2288**

**RYEISH GREEN SPORTS HUB 01189 886 686**

**ST CRISPIN'S LEISURE CENTRE 0118 979 1066**

**LODDON VALLEY LEISURE CENTRE 0118 931 2066**

**CARNIVAL POOL & FITNESS CENTRE 0118 977 0007**

Alternatively, you can email; [healthchecks.wokinghampfp@nhs.net](mailto:healthchecks.wokinghampfp@nhs.net)

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